

# NEWS RELEASE

## ***FOR IMMEDIATE RELEASE***

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### **Summit Family Fitness Center Offers a Unique Experience for Children**

(Temple) – The Summit Family Fitness Center is excited to offer a new and unique fitness class for kids. Kid's Hatha Yoga is specially designed to capture the energy, imagination, and creativity of children using elements of art, dance, language arts, meditation, and traditional yoga. Class materials range from hula hoops to straws, cotton balls to crayons – each with a specific goal of teaching in a way that makes yoga fun and easy for kids to understand.

"This class offers children a fun fitness activity that also can help them better manage issues like weight control, bullying, test anxiety, depression, anger management, and can boost self esteem," said class instructor Amandah Alamo.

Kid's Hatha Yoga will be offered every Friday beginning on July 6, 2012, from 10:45 am-12:00 pm. The class is open to ages 4-15 and parents are invited to join in the class.

Amandah's passion towards Kid's Hatha Yoga comes directly from her personal experience. "We moved a few times before I was a teenager and I found that school mates sometimes were slow to welcome new people into their group. I was frustrated and hurt by that." During a trip to a book store, Amandah picked up a yoga book for kids. She was immediately intrigued and started learning yoga. "Practicing yoga helped me understand that I was much stronger than I had realized - emotionally and physically! It helped me cope with my new surroundings and eventually helped me welcome new friends into my life," said Amandah.

"Amandah is uniquely talented and has created this innovative yoga class for children. She has built a strong reputation as a highly intuitive, extremely creative, and professionally grounded

fitness instructor. We are very fortunate to be able to offer this wonderful resource to our Summit members,” said Wellness Center Manager, Ron Germann.

In addition to the Friday Kid’s Hatha Yoga class, Amandah will also teach Hatha Yoga and Hatha Flow Yoga for Adults on Mondays and Wednesdays from 10:45 am-12 pm. Participants in the youth and adult programs must bring their own yoga mat and wear comfortable clothing.

The Hatha Yoga Class is free to Summit members. The fee for non-members is \$8 per class. For more information, please contact Ron Germann at 254.298.5408.

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